

Wellbeing useful links 17.3.20

Dr Joanne Robertson
Consultant Clinical Psychologist
Tel: 0141 201 0125 / 0141 201 0123

<https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>

Psychological resilience for individuals and services
https://acpuk.org.uk/cp_guidance_covid-19/

Looking after your mental health during the coronavirus outbreak
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

A helpful checklist if you have to self-isolate for 2 weeks
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#AreYouReadyToStayAtHomeForTwoWeeks>

Viral Kindness card for people who are self-isolating https://drive.google.com/file/d/1L_8GoI1zQ572fBZtElFfQZI9vNEwK7Rf/view

Resources for Children & Young People

Helping children cope with stress of covid 19 https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Free self-care resources

Glo are offering free meditation, yoga and pilates practices https://glo.com/fromourhearts#utm_source=social&utm_medium=facebook&utm_campaign=from_our_hearts

Tenpercent happier are offering free meditation for healthcare workers <https://www.tenpercent.com/coronavirussanityguide> email care@tenpercent.com for instructions

The Help Hub will be offering a free 20 minute phone/Skype/Face time chat bookable online appointment with qualified therapists starting from 23/3/20 <https://www.thehelpub.co.uk/>